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Instruction Manual



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## Trouble Shooting

<b>Problem/Symptom</b>	<b>Solution</b>
No power No display	Is the power plug connected power socket? Is the network cable connected to socket? Check the AC main fuse.
Time and Intensity do not work	Please try to program function as below procedure: Switch Power on * Don't press the mode button * Press the time button Press the Intensity button Press Start (Red key button)
Program function does not start	Please try to program function as below procedure: Switch Power on Press the program button once or twice Press Start (Red key button)
Intensity function does not work	Please try to program function as below procedure: Switch Power on * Don't press the mode button * Press the Intensity button Press the time button Press Start (Red key button)
Can not turn back the time Can not turn back intensity Can not turn back time and intensity	Switch Power on (Manual mode) * Don't press the mode button * Try to set time and intensity button Press start/stop button

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## Introducing your **Total Vibes**

With **Total Vibes** you're on the threshold of a totally new form of training. "Whole Body Vibration Training" is a revolutionary advancement in exercise science. **Total Vibes** is the ultimate 5 in 1 fitness machine for strength training, muscle toning, calorie burning, flexibility and relaxing massage.

The **Total Vibes** base plate vibrates many times each second, so that muscular reflexes are activated throughout the entire body, contributing to a tighter and more toned physique. With its 15 controllable speed levels and frequencies ranging from 23 Hz to 43 Hz, including five programs, **Total Vibes** offers a wide range of options, from a light, relaxing massage right through to a more powerful massage.

### **Technical data**

Please make sure to check that the electrical power outlet in your home or office corresponds to the voltage indicated on the rating label of the equipment.

Model name	Total Vibes
Input voltage	120V 60 Hz or 220-240V 50/60 Hz
Max. power input	50-250W
Max. load	275 lbs/125kgs

## Care and maintenance

Always unplug the **Total Vibes** from the main power supply when it is not in use.

If you wish to clean the equipment, only do so using a damp cloth and a mild cleaning fluid. In order to avoid damaging the surfaces never use abrasive cleaning or scouring agents.

### **Attention**

Never permit water to enter the internal workings of the equipment (danger of a fatal electric shock).

It is only possible to ensure that the equipment remains safe to use if checks for damage are carried out on a regular basis. Defective parts must be replaced by an expert immediately. The equipment should not be used until proper maintenance has been carried out.

## What happens if?

### **The equipment does not switch on or the power on the LCD display does not illuminate?**

- The network cable is not plugged in at the wall socket
- The main switch has not been turned on
- The program time must be set before the vibration plate can be switched on in standard operation.
- Once the program time has passed the vibration plate will switch off automatically. Only once a new program time has been selected can the vibration plate be switched on again.
- The equipment has been fitted with overload protection. If the circuit breaker is tripped, reset the circuit breaker. If the problem persists, please contact an electrician.
- In the event that the plate vibrations have caused the connections, cable ties etc. to loosen, check all connections and cable ties and where necessary, tighten them.
- The internal cable is not correctly attached.

## Storage

Store **Total Vibes** in a safe and dry place. Ensure that no one is able to injure themselves on the equipment. Do not leave the equipment accessible to children.

## Safety Instructions

Please observe these instructions or you may risk fatal injury.

- The MAXIMUM WEIGHT CAPACITY of "Total Vibes" is 275 lbs (125 kgs). Persons whose body weight exceeds this limit should NOT use this equipment.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep the packaging away from children (danger of suffocation).
- Before assembling the equipment read the assembly instructions through carefully. Please observe the precise assembly sequence.
- In the interest of your own safety check the equipment for damage (cracks, holes, loose screw fittings, missing cable ties etc.) before each use. In case of any damage do not use "Total Vibes" until it has been repaired by an expert. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or qualified technician in order to avoid a hazard.
- Once you have finished training always disconnect the equipment from the mains power supply.
- This equipment is intended for normal household use. It should never be used outdoors.
- "Total Vibes" is not suitable for commercial use.
- The guarantee does not include any damage that has been caused by incorrect handling, or any wear or attempted repairs instigated by third parties.
- Only use the training equipment once it has been completely assembled and is fully functional!
- Ensure that the room in which you are training is well ventilated for the duration of your exercises. A draft during training can quickly lead to a cold.
- If you ever sell your "Total Vibes" or pass it on to another user, please ensure that you also provide the new owner with these instructions. Only with these instructions can the new owner use the equipment in complete safety.
- When disconnecting from the mains power supply never pull on the power cable. Instead always apply light pressure to the plug housing.
- Children should not use the equipment. Children should be supervised to ensure that they do not play with the equipment.
- Store the equipment away from children.
- Never jump onto the vibration plate.
- The equipment is fitted with overload protection. If the circuit breaker should be

tripped, please wait until the equipment is made ready for operation again before recommencing training.

- Never use the equipment if visible damage is present on the equipment itself, or on its cables or plug.
- Never attempt to repair any damage yourself. Always ask an expert or contact the nearest customer services.
- Never leave the equipment unattended when it is switched on.
- Ensure that connected cables do not present a stumbling hazard.
- Always unplug the equipment before cleaning it or carrying out maintenance.
- Abrasive cleaning fluids may leave marks on the equipment.
- This equipment is intended for fitness and conditioning training. The equipment is not suitable for use in a studio (for professional and / or commercial use) and should not be used in any special training function, either in a competitive environment or within the context of any permanent sports activity.
- This equipment is not intended for use as part of any therapy!
- Only use this equipment for the purpose intended!
- Protect the floor or carpet with a mat or similar covering before removing the equipment from the packaging, as well as during assembly and training.
- If you are using the equipment on a carpeted floor, ensure that the ventilation holes on the underside of the equipment are not covered at any time.
- Before each use, place the equipment on a solid, level and non-slip base. Always ensure that sufficient free space is available around the equipment on all sides, so that it is not possible for you to fall against a wall, furniture etc during training.
- Wear suitable clothing during training.
- Always warm up before using the training equipment. Start at a slow tempo and increase the intensity of your exercises step-by-step until they reach a level that suits you. Please take note of the advice in the exercise section of these instructions. We strongly advise you that it is possible to suffer serious damages to health if the equipment is used incorrectly or if training takes place at too high an intensity.
- Please ensure that the hand straps are fitted correctly
- No more than one person should train on the equipment at any one time.
- Please consult your doctor before using this equipment if you fall into a high risk category as a result of your health. Discuss the training programme with your doctor before commencing training.
- Expectant mothers should not use this equipment, or should consult their doctor before training with it.
- **Attention!** This equipment is able to bear a maximum permissible body load of 125 kgs.
- **Attention!** Stop training immediately if you feel faint or light-headed. Seek advice from your doctor immediately if you suffer nausea, chest pains, pains in the arms or legs or any other symptoms of discomfort.

### Pad

#### Abdominal crunch



#### Works abdominals

- Place the pad on the base, lay with back on base and feet in air, knees bent at 90 degrees
- Crunch the abdominal muscles while gently flexing spine
- Support the neck if necessary while maintaining spinal control

#### Single arm pectoral



#### Works chest & anterior shoulders

- Place pad on the base. While kneeling on floor with side parallel to base, position one arm on the base.
- Elbow is bent to 90 degrees while the opposite hand is flat on floor
- Keeping shoulders parallel to the floor, gradually stretch body to floor

#### Lower back massage



#### Relaxes lower back

- Sitting on the floor with back against the base, place the pad between you and the base
- Position lower back against the base, adjusting position to relax lower back muscles

### Bench

#### Lunge



#### Works quads, glutes, hamstrings & calves

- Place one foot on bench, one on base
- Keeping spinal alignment, bend at hips and knees
- Bend only as far as hip, knee and ankle alignment allows

#### Tricep dip



#### Works triceps & shoulders

- Sit with back to base, place hands shoulder width apart on the edge of the base
- With feet planted on the bench and knees bent, lift hips and torso while bending elbows to 90 degrees
- Keep hips close to plate and maintain neutral spinal alignment

#### Pelvic bridge



#### Works core, glutes & hamstrings

- Lay on the bench and place feet on the Total Vibes base with knees bent at 90 degrees
- Slowly push hips up while pressing feet down

### Workout for optional items:

#### Handle

##### Push up Static



**Works chest, shoulder, arms & core**

- Holding the handles and placing them shoulder width apart on the base, kneel on floor
- Slowly lower body by bending elbows
- Maintain neutral spinal alignment

##### Push up Dynamic



**Works chest, shoulder, arms & core**

- Holding the handles and placing them shoulder width apart on the base, body fully extended, feet on floor
- Slowly lower body by bending elbows
- Add up and down push-up motion
- Maintain neutral spinal alignment

##### Push up Power dynamic



**Works chest, shoulder, arms & core**

- Holding the handles and placing them shoulder width apart on the base, extend body fully, stack one foot on the other to intensify the movement or raise one leg while maintaining a balanced hold.
- Add up and down push-up motion
- Maintain neutral spinal alignment

##### Push up Static



**Works chest, shoulder, arms & core**

- Holding the handles and placing them shoulder width apart on the floor, extend body fully, place feet on base.
- Add up and down push-up motion
- Maintain neutral spine alignment throughout motion

##### Lat dip



**Works chest, shoulder, arms & core**

- Seated at edge of the base, position handles shoulder width apart on the base
- Keeping feet on floor with knees bent, lift hips off base, ensuring arms are straight while pushing shoulders down
- Maintain neutral spine alignment throughout motion

- Please consult your doctor before using this equipment if you have not participated in sport for a longer period of time, or if you have orthopaedic problems, or problems with your heart or circulation. Inform your doctor that you wish to train using "Total Vibes" and request a general fitness assessment.
- Do not use the equipment whilst eating, drinking or smoking.
- Ensure that the cable is not bent or trapped by the housing parts.
- The equipment should only be connected to the main power supply once it has been fully assembled.
- Protect light-coloured or delicate floorings with a cover before positioning the equipment.
- Delicate textiles such as white socks or trousers, which come into contact with the vibration mat, should be protected due to the intense vibrations.

### Environmental protection

#### It is important to protect the environment

The packaging materials comprise of:

PE (polyethylene) cardboard  
EPS  
PP (polypropylene)



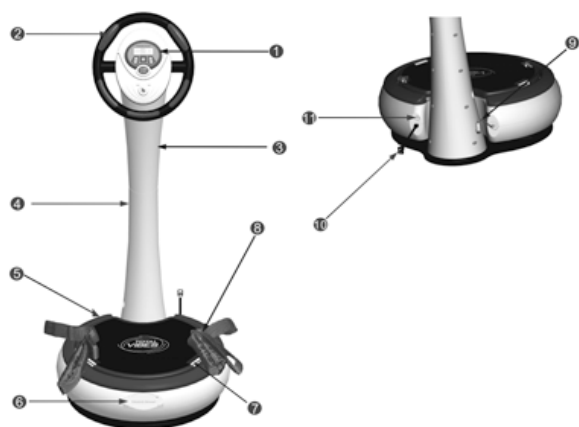
If you have sufficient storage space, we would recommend that you keep the packaging material for the duration of the guarantee period.



#### Disposal:

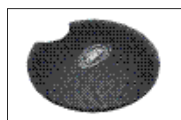
If you wish to dispose of the packaging please ensure that you do so in an environmentally responsible manner. If you need to dispose of the **Total Vibes** equipment for any reason, please also do so in an environmentally responsible manner. It should not be disposed of alongside general household waste. Contact your local waste collection office or recycling centre for recycling recommendations.

### Parts list



Part no.	Description	6	Motor housing
1	Control panel	7	Eyelets for hand straps
2	Handles with massage nodes	8	Hand straps
3	Upper section	9	Control panel connection cable
4	Lower section	10	Network cable
5	Vibration plate	11	Fuse

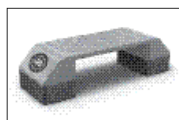
### Optional items:



**Pad**



**Handle**



**Bench**

### Training modes

#### **Basic exercises:**

Stand on the equipment and ensure that you are familiar with the control panel.

Relax your body and keep your arms and legs loose. Take hold of the handgrip and face straight ahead. Switch the equipment on and select the desired training program. Choose a vibration speed that you find comfortable.

You will be able to feel the vibrating motion throughout all areas of your body. You may change the speed or the complete program at any time. Remember to relax your body during all exercises. This will ensure greater training success as muscles are exercised.

In order to provide you with a more accurate idea of the training options available, we have enclosed a training poster with these user instructions. Refer to the workout chart to determine what massage speed works best for you.



**Program:**

- Warm Up
 

level 1 / 20 sec	level 2 / 20 sec	level 3 / 20 sec	level 4 / 20 sec
level 5 / 20 sec	level 6 / 20 sec	<b>total 120 sec</b>	
- Beginners Workout
 

level 2 / 10 sec	level 3 / 10 sec	level 4 / 10 sec	level 5 / 10 sec
level 6 / 10 sec	level 7 / 10 sec	<b>total 60 sec</b>	
- Intermediate Workout
 

level 7 / 15 sec	level 8 / 15 sec	level 9 / 15 sec	level 10 / 15 sec
level 11 / 15 sec	level 12 / 15 sec	<b>total 90 sec</b>	
- Advanced Workout
 

level 10 / 20 sec	level 11 / 20 sec	level 12 / 20 sec	level 13 / 20 sec
level 14 / 20 sec	level 15 / 20 sec	<b>total 120 sec</b>	
- Massage
 

level 13 / 20 sec	level 15 / 20 sec	level 13 / 20 sec	level 15 / 20 sec
level 14 / 20 sec	level 15 / 20 sec	<b>total 120 sec</b>	

**In Manual mode:**

Time and Intensity are only adjustable in Manual mode. If Time and Intensity is not set, the program will not start. The program will start once the start / stop button has been pressed. Time and Intensity up/down function key will no longer respond if mode is changed to Warm up/ Beg workout/ Int. workout/ Adv workout/ Massage.

**In Warm up/ Beg workout/ Int. workout/ Adv workout/ Massage Mode:**

The program will start once the start / stop button has been pressed. Once the program has started in either Warm up/ Beg workout/ Int. workout/ Adv workout / Massage mode, the Time and Intensity is not adjustable. (Only use Start/Stop button for Start/Stop function).

**Standard operation:**

Select the desired program length. In order to do this, press the "Timer" switch. Every time you press the switch the time will be increased and this will be shown in the program time display.

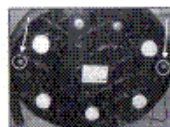
Press on the "+" or "-" speed button to set the required vibration speed. Every time you press on the button the speed will be either increased or decreased by one level. The actual speed of vibration will be shown in the corresponding display.

**Important:** If you do not set a program length it is not possible to select a program, meaning that you will not be able to begin training!

**Assembling the equipment****Set-up**

Remove all of the parts from the packaging and lay them carefully on a level surface. Place a protective cover underneath them in order to avoid damaging any delicate surfaces.

Remove the protective padding and plastic packaging. Check that you have all parts and that none have been damaged during transportation. Follow these assembly instructions step-by-step in order to avoid incorrect assembly.

**Please remove the transportation lock before first use.**

To do this please remove both of the safety bolts using the wrench provided. Store these bolts somewhere safe and reattach them should you wish to move the machine. To replace the bolts simply screw into place and hand tighten.

**Important:**

- Ensure that the cable is not bent or trapped by the housing parts.
- Only connect the equipment to the main power supply once it is completely assembled.
- Protect flooring on which the equipment is to be placed by covering with a mat.
- Ensure that the cable is not a trip hazard by securing it.
- It is advisable to place **Total Vibes** in a location where children will not be able to access it.



Lay the motor housing next to the lower section, as shown in the diagram.

**Note:**

The bore holes in the lower section must point downwards. In order to simplify the next stage in assembly, hold the parts in position on their side. This is shown in the diagram.



To this end, push the four threaded rods on the lower section into the four corresponding holes in the base plate. Ensure that the lower section lies flush with the base plate.



Once you have placed the lower section on the motor housing, place the four washers and four nuts on the threaded rods. Turn the nuts to thread them onto the rods.

Turn all of the nuts until they are hand tight, using an open-end spanner.

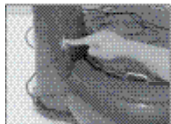


**Note:**

Ensure that all of the nuts are tightened using equal pressure, otherwise the lower section may tilt once standing.



Now stand the equipment up, as shown in the diagram. Insert the motor housing connector into the corresponding socket in the lower section. Ensure that the connector is fitted correctly into the socket.



Turn the cable fixture in a clockwise direction to tighten it. This will ensure that the cable cannot come loose as a result of any vibrations.



Take the upper section in your hand and insert the motor housing connector into the corresponding socket in the lower section, as described above.

## Settings

### Switching the equipment on:

1. Plug the power cable into a wall socket with the voltage corresponding to the rating label of the unit.
2. Turn the main switch to ON.

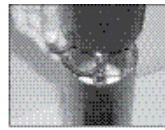
You now have a variety of setting options:



- 1 ON/OFF switch
- 2 Start/Stop
- 3 Time
- 4 Intensity
- 5 Program

**Warming up:**

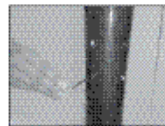
Warming up is an essential part of every sporting activity and should always be included as part of your exercise program. Do some stretching to warm up your muscles before using the machine. This increases blood flow to your muscles and reduces the likelihood of any injury.



Push the two sections together until they slot fully into place. Ensure that the sides with the bore holes face to the rear. Also make sure that the cable is not trapped when you push the two sections together.



Push the four hexagon socket screws, with the four serrated lock washers into the corresponding bore holes in the lower section, directly beneath the upper section.



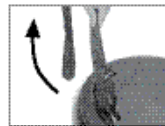
Turn the screws using a hexagon headed screwdriver, until they are hand tight.

**Attaching the hand straps**

The hand straps enclosed are specifically intended for use and support when engaged in training exercises for arms and shoulders, neck and chest muscles. In order to attach the hand straps please follow these instructions:



First, take the strap end with the Velcro fastening and pull this through one of the eyelets located on the right hand side of the vibration plate. Take the other hand strap and thread this through an eyelet on the left hand side.



Bring both parts of the Velcro together and press on them firmly to close the fastening. Check that the straps do not come loose in the event of a sudden pulling action.

## Training advice

By purchasing this training equipment you have taken the first step towards physical fitness. This equipment can help you to train your muscles in the convenience of your home whenever it suits your schedule.

**Total Vibes** works on the scientifically proven principle of Whole Body Vibration. The **Total Vibes** cushioned base plate vibrates at a rate of up to 50 times per second, creating "micro destabilization". Your muscles naturally reflex for balance - up to 3000 times a minute! Just stand on the vibrating plate and **Total Vibes** does all the work for you. It engages up to 97% of the muscles in your body, improving muscle strength, burning calories, building stamina and increasing flexibility with no negative impact at all. The vibrating motion destabilizes the body and forces it to react with reflective muscle action for natural balance.

### **The aims of training:**

Strengthening muscles  
Improvement of overall fitness  
Endurance  
Sense of well-being

### **Points for training success:**

Keep these important points in mind when engaging in a physical training program:

Maintain a consistent schedule for training sessions  
Ensure you keep a balanced diet  
Start slowly and build –up your training progress in increments to avoid any discomfort or injury

### **Who can benefit from Total Vibes?**

Any able-bodied individual in reasonable health is able to embark on a fitness training plan regardless of his/her age. If in doubt, please check with your doctor before you start any kind of exercise program.

### **Loads:**

The body, and in particular the heart and circulatory system, require sufficient time to adjust to the changes that take place as a result of physical training. For this reason it is very important that the loads placed on the body are increased at a slow rate and that sufficient breaks are incorporated into the regime, both during training and afterwards.

Begin initial training at a rate that does not require you to overexert yourself. Ensure that you begin exercising at a pace that you find comfortable. Once you have been training regularly for some time you will be able to slowly increase the duration of your exercise as well as raising the difficulty level at which the equipment is set.

### **Important:**

You should not start or end your training abruptly. You should always warm up at a slow tempo and with reduced effort before starting the actual training exercises. After you have finished training, take a few minutes to cool down. Following this, you should also carry out a few stretching exercises.

### **Tips for successful and healthy training:**

- Do not forget that training on exercise equipment can be of great benefit to your health, as long as you pay attention to a few rules. It is not just about carrying out a few quick exercises, but about training regularly and on a long-term basis.
- Always wear clothing suitable for training (e.g. a tracksuit). It is important that the clothing is both comfortable and well ventilated.
- Never train on a full stomach. Avoid eating for one hour to two hours before training.
- Do not train if you are already feeling tired.
- Always remember that your body requires additional fluids when you are involved in any sports activity. Bear this in mind and increase your fluid intake while you are training.